

# PARENT'S BILL OF RIGHTS

1. I have the right to use my judgment in deciding my own needs.
2. I have the right to have my opinions and ideas given the same respect and consideration others have.
3. I have the right to make a request without apologizing.
4. I have the right to make or refuse requests from others without feeling selfish or guilty.
5. I have the right to be treated as a capable adult and not be patronized.
6. I have the right to not automatically be assumed wrong.
7. I have the right to feel and appropriately express anger and other emotions.
8. I have the right to tell others what my needs are.
9. I have the right on some occasions to make demands on others.
10. I have the right to request others on some occasions to change their behavior.
11. I have the right to make mistakes (not the same old ones--but new ones).
12. I have the right to ask for consideration, help and/or affection from others.
13. I have the right to feel healthy competitiveness.
14. I have the right to take time to sort out my reactions--to not be pressured into an immediate reaction.
15. I have the right not to have others impose their values on me.

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